

Famous Men Who Have Announced That They Will Live to See 100 Years

How They Expect to Win the Race---Edison's Novel Theories---J. P. Morgan to Prolong Life by Shunning All Exercise

BY JOHN ELFRETH WATKINS.

Are you entered for the century run against old age?

Every week or so some new contestant of distinction announces his enrollment in this race for the hundred-year goal.

Edison the other day predicted that he would live to be 150 by virtue of his habit of eating only a half a handful of solids at each meal and keeping his weight always at the normal of working sixteen hours a day and sleeping six hours a night, of never thinking in bed, and of wearing all of his clothes two sizes too large.

Dr. Wiley, an enthusiastic contestant in the same race, tells me that he belongs to a society whose bylaws impose a fine on any member failing to reach the hundred-year goal--by which he meant the "Hundred Year Club," which he helped organize.

Some of this noted pure food apostle's long-life rules are:

"Most of us may live on a high or a low plane of activity at will; we may do much or little; we may yield easily to fatigue, or we may successfully resist it for a time with impunity."

"It is physiologically advantageous to consume less protein than most of the civilized races consume."

Believe in Less Rest.

"As I believe that most of us eat too much, so I believe that most of us work too briefly and rest too long."

"Effective sleep should be dreamless, and if it is of the right sort it need not occupy one-third of all our life."

For most persons eight hours of actual sleep would mean nine hours in bed--and only a sluggard would demand that.

"We will yet see professorships of amusement in our colleges and universities. It is quite as important to know how to amuse one's self as to have the leisure and opportunity to do so."

"Uncle Joe" Cannon, the youngest strapping of seventy-five known to public life, gives these as his longevity rules:

"Honor thy father and thy mother."

"Take no thought of the morrow and don't worry."

"Work, work, work, with hands, feet, legs and brain."

"Learn to sing, no matter how miserable."

"Sing and laugh, and keep on a-keepin' on."

Morgan Fears Exercise.

"Avoid all exercise."

Odd as it may seem, this is the paramount rule by which J. Pierpont Morgan hopes to prolong his life far beyond his seventy-third milestone, which he passed this spring. When about fifty the noted financier suffered a breakdown, due to overwork, and sought to repair his one-time power.

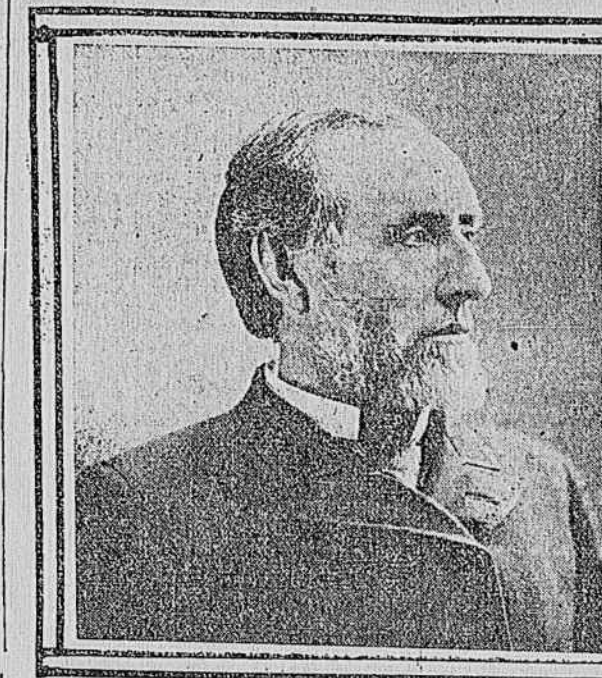
ful physique by artificial exercise with gymnasium apparatus. But a noted specialist, after a thorough examination, prescribed as follows:

"Stop exercise in every form. Never even walk when you can take a cab. You have formed the habit of living without exercise, giving your energy to your brain. It is too late to change the habit of a lifetime."

And since Morgan, twenty years ago, began to follow this advice, which he has continued to respect religiously, his brain has effected the achievements which will make him famous as a financier and connoisseur.

Quite the opposite treatment was prescribed for Chauncey Depew when, at the age of seventy, he suffered a nervous collapse. His physician packed him off, bag and baggage, to the establishment of an ex-pugilist, who gave him muscles little rest from the rising tide of the setting of the sun, and who sent him home a well man. But Depew had always been an active man physically, and even the other day I saw him striding along the street as straight as a soldier and with the elastic swing of an athlete.

"My breakfast for years has been



SENATOR CULLOM.

one boiled egg," he said on his seventy-seventh birthday anniversary, last April, and he added:

"The true secret of happiness at any age is to be part of each generation, to be a participant in its work and in its play, to appreciate its fun and to laugh at its follies and to be an elder brother in your church associations, in your political organizations, in your club life, in your fraternity, so alert and valuable in your activities that you are welcomed by the youngest. Their appreciation and applause is the most healthful of tonics, and one of the best aids to vigorous longevity."

Rockefeller's Longevity Rules.

The longevity rules of John D. Rockefeller, as lately announced by his physician, are:

"First. Avoid all worry."

"Second. Take plenty of exercise in the open air."

"Third. Never overload your stomach, but always leave the table hungry."

"He will live to be 100 by those simple rules," said the oil magnate's physician.

And outdoor exercise is part of the gospel of that remarkable legal genius, John Marshall Harlan, justice of the United States Supreme Court, who, upon the eve of his recent seventy-eighth birthday, was preparing his dissenting opinion on the Standard Oil and Tobacco trust cases--opinions which had the entire commercial world by the ears. It is superfluous to add that the favorite outdoor sport of the venerable justice is the ancient and royal game of golf.

Few geniuses who have entered this century run share Edison's hope of speeding far past the hundredth milestone. But there is one, well known among us, who out-Edisons Edison in this ambition, and who predicts that he may live two centuries. This is our old friend, the genial mandarin, Wu-tung Fang, former Chinese minister to Washington, who, upon the eve of his recall to Peking, uttered these long-life precepts:

"Get rid of the notion of old age; eliminate it from your vocabulary; cease to worry and fear."

"Think health and happiness."

"Think young things." Keep cheerful. Control your temper. Do not allow malice or envy to enter your mind, for they poison the body. Accept the

principle of universal love, for that is the highest moral doctrine."

Elkirk of Continual Work.

That Ponce de Leon's spring of perpetual youth is situated with the elixir of constant occupation in congenial pursuits has been discovered by most of these geniuses, as well as by many others ahead of them in this zealous race against old age. And to this category belongs the venerable Shelby M. Cullom, who, since passing his eighty-first milestone, has assumed the responsibilities of chairman both of the caucus and of the steering committee of his party in the United States Senate, and who is now engaged in writing the memoirs of his sixty continuous years in public life.

And other living patriarchs who largely owe their longevity to the stimulant of continuous employment are Thomas Wentworth Higginson, who gave the literary world a volume at eighty-six; Lord Strathcona, the Canadian high commissioner, who lately celebrated his ninetieth birthday in Japan; and the genial mandarin, Wu-tung Fang, who, upon the eve of his recall to Peking, uttered these long-life precepts:

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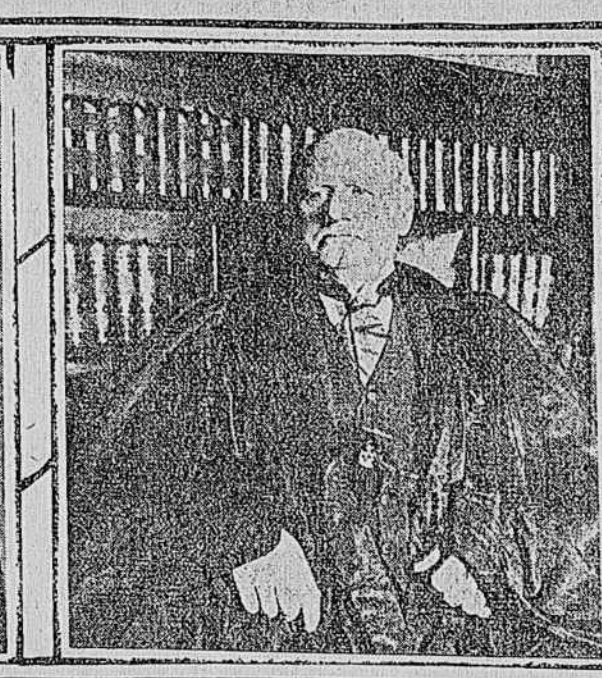
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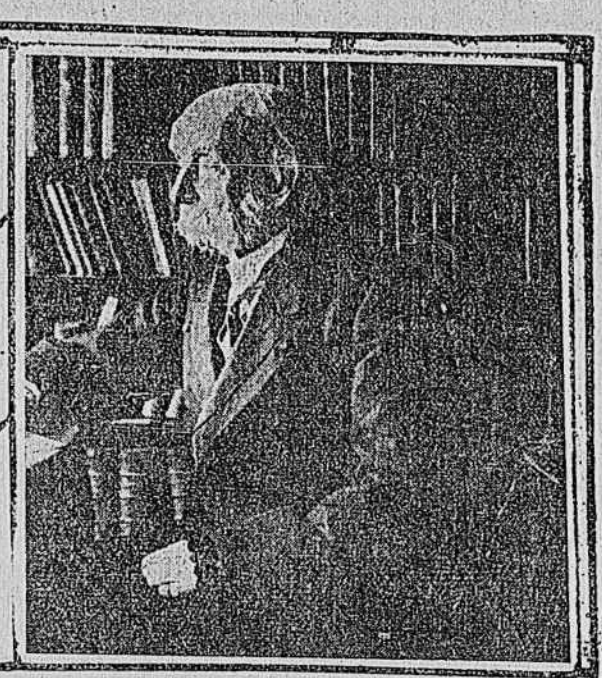
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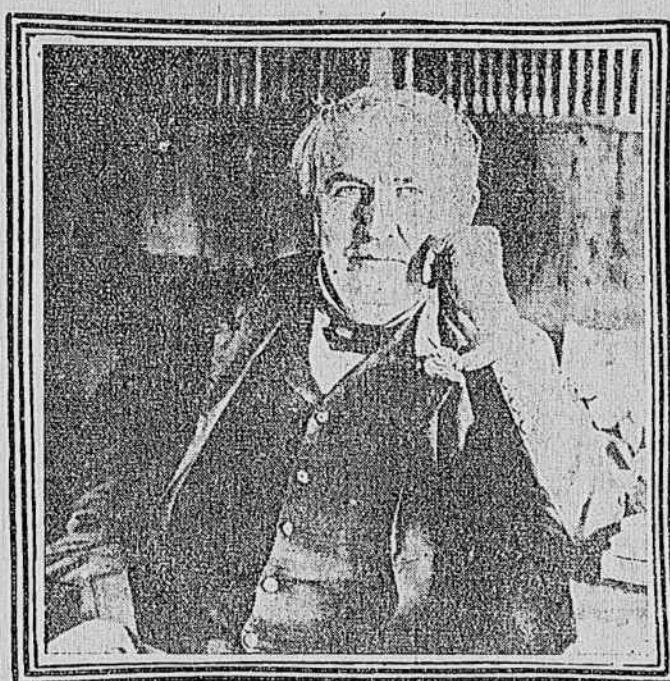


JUSTICE HARLAN.

Who prepared his famous trust decisions at seventy-eight.



THOMAS WENTWORTH HIGGINSON, Who turned out another book at eighty-six.



EDISON TO-DAY.

ed "flowing robes and uncut hair." And there is a "nature cure colony" lately organized by a New York State lady, who proposes to institute as part of the longevity treatment sun baths, earth baths, a vegetation diet limited to two meals a day, a choice of colors for each patient, depending on "temperament," and a regimen including 4:30 A. M. for rising, 8 P. M. for retiring. Her colonists are to lie nude, in trenches, and have earth shoveled on top of them until only their heads are exposed.

White Clothes Prolong Life.

Some months ago Dr. John Fair, head of Boston's "New Life" cult, threw a harpoon into the demon old age and announced that man may "exist not only for a hundred, but a thousand years, without pain, evil or sickness," if he will dress always in white, abuse meat, milk and oil, rest a half hour before and after meals, and remain alone a half hour daily.

Then there are individuals who, without recourse to any cult, concoct very original longevity fads for themselves, as did the Count Bertrand, the

aged Parisian, recently deceased, who attributed his long life to his habit of remaining in bed, day and night, for three months in every year, seeing no one during this space but a servant who brought him his meals, and who was forbidden to speak a word to him during this period of rest. And one of his contemporaries was the late Lord Dudley, who sought to preserve his youth by always sleeping between black satin sheets.

But to discover extreme faddists of this category, we need search neither the past nor the lands over the sea. In Kewanee, Ill., there is a lady who believes she can prolong her life by fondling snakes, for which she has had a strange attraction since childhood. And there is a recently put on a train at Fitchburg, Mass., and shipped to Salisbury, N. C., an upholstered, glass-lined, coffinlike box, containing a wealthy woman overpowered with the fear that ventilation would kill her.

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Wadesboro Social News

[Special to The Times-Dispatch.] Wadesboro, N. C., June 24.--Mr. and Mrs. W. E. Brock have returned after spending a few days in Charlotte with friends.

Miss Lillie Kerns, of Salisbury, is the guest of her sister, Mrs. John Love.

Mrs. Nathan Lunsford, of Roxboro, is visiting her parents, Mr. and Mrs. J. O. Craig.

Miss Lillie Kerns, of Salisbury, is spending a few days here with relatives.

C. M. Burns and daughters, Misses Marie and Julia, of Timmonsville, S. C., arrived Friday to be the guest of Mrs. H. M. Mann for a week.

Mrs. M. Mann left Thursday for Elizabeth, Ky., to visit her parents. She will spend a month in Kentucky.

Miss Carrie Harris and daughter, Miss Evelyn, are visiting the family of J. T. Bennett.

Miss Mattie Chilson, of Salisbury, arrived Wednesday for a week, some time with Misses Martha and Esther Ingram.

Miss Eleanor Murr left Friday for Knoxville, for a month's visit to friends.

Miss Myrtle Ashcraft has returned from Asheville, after having spent a week there with friends.

Mrs. Kathleen and Virginia Spencer, of Leesville, spent several days with Misses Helen and Flora Ash, on their return home from Albemarle, where they visited friends.

Mr. and Mrs. W. D. McIver have returned to their home at Darlington, after having spent several days with the family of E. L. Laney.

Miss Nettie Rowell is spending a month with relatives in Savannah, Ga.

Miss Janie McAllister, of Leesville, has been the guest of her sister, Mrs. T. C. Cox, for a week. She returned home Wednesday.

Mrs. Eugene Perkins, of Charters

field, S. C., is visiting her parents, Mr. and Mrs. J. F. Timmons.

Mr. and Mrs. J. F. Alexander have returned from White Sulphur Springs, where they have been spending several weeks.

A dance was given complimentary to the visiting young women Wednesday night in the W. L. L. Armory. Quite a number of out of town couples were present.

Dr. J. M. Lilly and family, of Fayetteville, spent two days with friends here this week. Mrs. Lilly left Tuesday for Norfolk to visit her parents, Dr. Lilly returning home.

Rev. and Mrs. W. Bennett, of Lincoln, were here with friends three days this week. They left Friday night for Philadelphia, to attend the Baptist Alliance of the World.

Waverly Social News

[Special to The Times-Dispatch.] Waverly, Va., June 24.--Miss Carlton Scully, of Longview, Tex., is the guest of Mr. and Mrs. H. A. Gray, on West Main Street.

Mrs. John F. Baird has returned home after a month's visit to friends in Delaware and Maryland.

Miss Mary Neal, of Seaford, Del., is visiting in the home of P. Fleetwood, on East Main Street.

Miss Helen Johnson, who for the last three weeks, has been a guest in the home of P. Fleetwood, left this week for her home in Christiansburg.

Channing Yarbrough, of Richmond, is visiting Rev. W. W. Edwards, on West Main Street.

Rosser B. West, of Newport News, is spending a few days in the home of his father, R. T. West, in Waverly.

Miss Mary D. May visited friends in Petersburg this week.

Major E. Moffitt, of Ashboro, N. C., visited in the home of Judge J. C. West this week.

Mrs. W. W. Edwards left Waverly this week for a six weeks' stay in Charlottesville.

Miss Winnie Parsons, of Accomac county, and Miss Brown, of Petersburg, spent last Sunday in Waverly.

Mr. and Mrs. C. E. Smith left today for a month's visit to the parents of Mr. Smith, in Talbotton, Ga.

Mr. and Mrs. E. W. Chappell will leave Waverly next Sunday for Old Point, where they spend a few days.

Miss Annie Martin has returned home from Norfolk, where she has taught school for the past session.

Salem Social News

[Special to The Times-Dispatch.] Salem, Va., June 24.--Miss Emma Killian was hostess of a charming porch party at her home on Pennsylvania Avenue Wednesday morning at 6 o'clock, complimentary to the parents of Miss Blanch Ashworth, of Norfolk, W. Va., whose engagement to Dr. Clements was made in a most unique manner. The veranda was artistically decorated with daisies, and the game played was five hundred, there being six tables. Just over the entrance of the front hall was suspended a beautiful white wedding bell, filled with red hearts, which, when the ribbons were pulled, showered them over Miss Ashworth. One wore a gold heart, a gift for her while in, bore the announcement of the engagement. A delectable breakfast consisting of grape fruit and a salad course was served. Mrs. L. M. McReynolds presided at the punch-bowl. Miss Killian's guests included Mrs. Koehler, Miss Josephine Koehler, Miss Terrill, Miss Willie Penn, Miss Edmondia Gray, Miss Mary

Weldon Social News

[Special to The Times-Dispatch.] Weldon, N. C., June 24.--Miss Grace Rittenhouse is visiting relatives in Petersburg.

Miss Mary Ellen Travis has returned home from a visit to Miss Sallie Burwell, in Oxford.

Miss Frances Smith, of Kinston, returned home Thursday after spending a week with Miss Carrie Rowe.

Miss Bernice Clark, who has been quite ill, was taken to Richmond for hospital treatment Wednesday.

Miss Willie Blackwell Musgrove is visiting friends in Rocky Mount.

Miss Clara Clark is spending the summer in Western North Carolina.

Miss Sallie Clark, daughter of Chief Justice Clark, of Raleigh, has been visiting in this week of Mr. and Mrs. E. T. Clark.

Rev. J. G. Blalock, pastor of the First Baptist Church here, went to Philadelphia to attend the Baptist World's Alliance.

Malvern Hill Social News

[Special to The Times-Dispatch.] Malvern Hill, Va., June 24.--Miss Attala Walker, of "The Glens," left this week for Harrisonburg, where she will attend the summer session of the State Normal School.

Mr. and Mrs. William Harrison, of Cumberland county, are the guests of Mr. E. C. Harrison, at Norton.

Miss Ella Wolf, of Ephrata, Pa., who has been the guest of Miss Florence Eberly at "Greenwood," has returned to her home.

E. A. Saunders, Jr., of Richmond, has returned home from a visit to his Wyanoke Stock Farm.

Miss Iva Ammons, who has been teaching near her home in this county, during the past session, leaves Saturday for Frederickburg, where she will attend the summer normal school.

Commonwealth's Attorney L. M. Nance has returned from a trip to Richmond.

Misses D. G. Tyler and family, who went to Williamsburg for the winter, returned to their home, "Sherwood Forest," last week.

Misses Carl Rugeard and daughter, Miss Margaret, accompanied by their guest, Edwin Perry, of Oregon, have returned from a trip to Richmond.

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